

Mental Health Awareness Month is in May each year. It aims to reduce stigmas around behavioral health issues, increase awareness, educate about lived experience, understand trauma and bring awareness around suicide and suicide reduction efforts. **Green is the color of Mental Health Awareness Month**

Asian American, Native Hawaiian and Pacific Islander (AANHPI) Heritage Month is observed annually in May to celebrate the contributions that generations of AAPIs have made to American history, society, and culture.



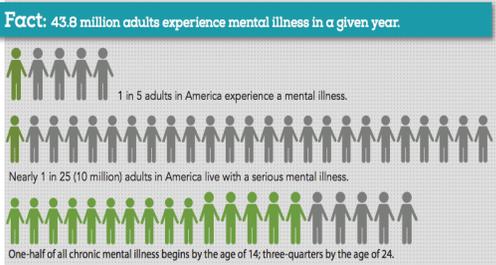
MENTAL HEALTH AWARENESS MONTH

Mental Health Awareness Month helps people recognize the ways mental illness impacts their lives, educates people about available services, and highlights ways to advocate. Recognition and education are important ways to remove the stigma associated with mental illness.

Mental Health Awareness Month was established in 1949 to highlight the importance of our mental health. This month was created, in part, due to the World War II veterans who came home with trauma and other mental health issues after returning from war.

Though awareness started to increase in 1949 it wasn't until 2008 that the Mental Health parity and Addiction Equity Act was created to improve access to mental health and substance use disorder treatment services and helping to eliminate unequal health treatment

Mental Health Facts IN AMERICA



Inclusion and Mental Health
Words matter. Language we use in our verbal and written communications can be supportive or hurtful to those impacted by mental health conditions. A few simple changes to the way we communicate can support those living with mental health conditions and help end stigma.

A few shifts: we can be more kind and accepting with the things we say, we can stop defining people by their mental health conditions, and we can stop minimizing the experiences of those affected. Here are some examples of what to say — and not to say — about mental health.

- Say This:** The weather has been unpredictable.
- Not This:** The weather is so bipolar.
- Say This:** I'm having a hard time paying attention.
- Not This:** I'm so ADD right now.
- Say This:** He died by suicide or he ended his life; it was an attempted suicide.
- Not This:** He committed suicide; it was an unsuccessful suicide.



Did You Know.....

- Cinco de Mayo is not Mexico's Independence Day;
- It commemorates a significant battle in the Franco-Mexican War
- Mexico's Independence Day is commemorated September 16th.
- The official name of the holiday in Mexico is El Día de la Batalla de Puebla

ASIAN AMERICAN NATIVE HAWAIIAN AND PACIFIC ISLANDER MONTH

Each May for more than 40 years, America has paid tribute to the vast cultural contributions of its Asian and Pacific Islander citizens. In 1992, Congress established May as Asian American and Pacific Islander Heritage Month to coincide with two key milestones: the arrival of the nation's first Japanese immigrants (May 7, 1843) and Chinese workers' pivotal role in building the transcontinental railroad (completed May 10, 1869). The move expanded what had been Asian/Pacific American Heritage Week since 1978. In 2021, a presidential proclamation expanded this to include Native Hawaiians.

The theme for 2023 is "Advancing Leaders Through Opportunity." Opportunity is defined as "a set of circumstances that make it possible to do something". Opportunity can be built, it can be accessed, it can be achieved, or it can be given. Through providing advancement opportunities, organizations can reduce the barriers to professional progression and increase satisfaction. A successful organization invests in its employees' professional development by providing opportunities that enable the employees to refine their skills and enhance their leadership abilities.

-Event links

St. Louis Public Library is hosting multiple activities throughout the month that are family friendly.

<https://www.spl.org/news/asian-american-pacific-islander-heritage-month/>

St. Louis website highlights celebrations at Botanical Gardens, St. Louis Zoo, the Contemporary Art Museum and more.

<https://explorestlouis.com/celebrate-asian-american-and-pacific-islander-heritage-month-in-st-louis/>

Tips for Talking about your Mental Health

Text to Talk if that is more comfortable for you

It could be a plain old text message with a note that says, "I have some important things on my mind and need to make time to talk to you about them."

Find and share info

Find important information that might help you explain what you're going through. Print it and bring with you when you are ready.

Take the Youth Screen at mhascreen.org Print out your results to share with the person you plan to talk to.

P.E.E.R.S = PROMOTE * EDUCATE * EMPOWER * REDEFINE * SUPPORT